

# Group Fitness Timetable - Marylebone

Club phone number: 0843 170 1003

Mon - Thurs: 6:30am - 10:00pm

Fri: 6.30am - 8.00pm

Sat & Sun: 9:00am - 5:00pm

Bank Holiday opening hours: 09:00am-04.00pm

## Monday

Time	Class	Level	Studio
07:15 - 08:15	Spin & Abs	All	LA Spin
12:15 - 13:00	LA Spin	All	LA Spin
13:00 - 13:45	Body Pump	All	Studio 1
13:00 - 14:00	Pilates	All	Studio 2
17:30 - 18:00	Abs Blast	All	Studio 1
18:00 - 19:00	Body Combat	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:00 - 19:00	Pilates	All	Studio 2
19:00 - 20:00	Yoga Hatha	All	Studio 2
19:00 - 19:45	LA Spin	All	LA Spin
19:00 - 20:00	Body Pump	All	Studio 1
20:00 - 21:00	Zumba	All	Studio 1

## Tuesday

Time	Class	Level	Studio
07:15 - 08:15	Spin & Abs	All	LA Spin
12:30 - 13:15	LA Spin	All	LA Spin
12:45 - 13:45	Yoga Vinyasa	All	Studio 2
12:45 - 13:45	Zumba	All	Studio 1
17:30 - 18:15	Body Attack	All	Studio 1
18:00 - 18:45	LA Spin	All	LA Spin
18:15 - 19:15	Body Pump	All	Studio 1
19:00 - 19:45	LA Spin	All	LA Spin
19:15 - 20:15	Step	All	Studio 1

## Wednesday

Time	Class	Level	Studio
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07:00 - 07:45	Circuit	All	Studio 1
12:15 - 13:00	Body Attack	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
13:00 - 13:45	Body Pump	All	Studio 1
17:30 - 18:00	Abs Blast	All	Studio 1
18:00 - 19:00	Body Conditioning	All	Studio 1
18:00 - 19:00	Yoga Ashtanga	All	Studio 2
18:30 - 19:15	LA Spin	All	LA Spin
19:00 - 20:00	Step	All	Studio 1
19:15 - 20:15	Body Combat	All	Studio 2

## Thursday

Time	Class	Level	Studio
07:15 - 08:15	Spin & Abs	All	LA Spin
12:30 - 13:30	Yoga Vinyasa	All	Studio 2
12:30 - 13:15	Body Conditioning	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
17:30 - 18:30	Body Pump	All	Studio 1
17:45 - 18:45	Pilates	All	Studio 2
18:00 - 18:45	Aqua Fit	All	Pool
18:45 - 19:30	LA Spin	All	LA Spin
19:00 - 20:00	Zumba	All	Studio 1

## Friday

Time	Class	Level	Studio
06:45 - 07:15	LA Spin	All	LA Spin
07:15 - 08:15	Body Pump	All	Studio 1
12:30 - 13:15	LA Spin	All	LA Spin
12:30 - 13:30	Step & Tone	All	Studio 1
12:45 - 13:45	Yoga Vinyasa	All	Studio 2

17:45 - 18:30	LA Spin	All	LA Spin
18:00 - 19:00	Zumba	All	Studio 1

## Saturday

Time	Class	Level	Studio
09:30 - 10:30	Body Attack	All	Studio 1
09:45 - 10:30	Spin & Abs	All	LA Spin
10:00 - 11:00	Yoga Vinyasa	All	Studio 2
10:30 - 11:30	Body Pump	All	Studio 1
11:30 - 12:30	Pilates	All	Studio 2
11:40 - 12:25	LA Spin	All	LA Spin

## Sunday

Time	Class	Level	Studio
09:30 - 10:30	Circuit	All	Studio 1
10:30 - 11:15	LA Spin	All	LA Spin
10:30 - 11:30	Zumba	All	Studio 1
11:00 - 12:00	Pilates	All	Studio 2
11:30 - 12:30	Body Pump	All	Studio 1
12:00 - 13:00	Yoga	All	Studio 2

£ - Paid Classes

<span style="color: blue;">■</span> - Tone	<span style="color: green;">■</span> - Fit
<span style="color: yellow;">■</span> - Train	<span style="color: red;">■</span> - Trim

**LA fitness**  
We'll get there together.